(54) Title: ADAPTIVE TURBO-CODING AND DECODING
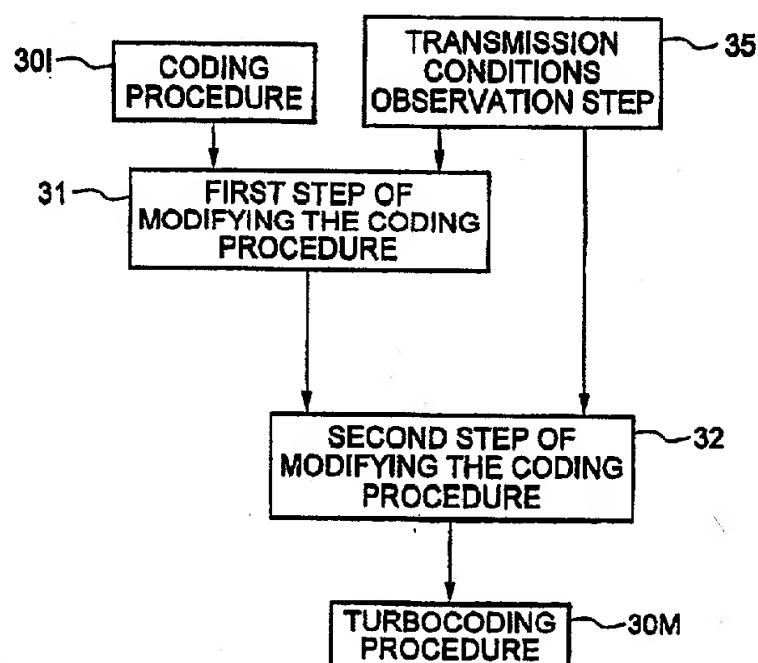
(57) Abstract: The coding procedure comprises at least two elementary coding steps associated with respective puncturing steps and concatenated in series, an interleaving step occurring between two successive elementary coding steps. According to the invention, the method also comprises a transmission conditions observation step for determining at least one parameter characteristic of the transmission conditions, a redundancy distribution selection step (33; 43) for selecting, as a function of the said at least one parameter, one distribution of the said elementary coding step redundancies amongst a plurality of distributions of the said elementary coding step redundancies for which the said global efficiency is the same, and a coding procedure adaptation step (33) for adapting the said coding procedure as a function of the said selected redundancy distribution.